

BAKED PASTA WITH PUMPKIN AND SPINACH

8 OUNCES WHOLE GRAIN ROTINI
1 1/3 CUPS FAT-FREE RICOTTA
4 CUPS RAW SPINACH, WELL WASHED
1/2 CUP MINCED ONION
2 CLOVES MINCED GARLIC
2 CUPS LIBBY'S CANNED PUMPKIN
1/8 TEASPOON GROUND NUTMEG
1/4 TEASPOON SALT
BLACK PEPPER
NONSTICK COOKING SPRAY
1/2 CUP GRATED PARMESAN

PREHEAT THE OVEN TO 375.

COOK THE ROTINI IN A LARGE SAUCEPAN ACCORDING TO THE PACKAGE DIRECTIONS. DRAIN THOROUGHLY.

WHILE THE PASTA IS COOKING, COMBINE THE RICOTTA, SPINACH, ONION, GARLIC, PUMPKIN, NUTMEG, AND SALT AND PEPPER. ADD THE DRAINED PASTA TO THE RICOTTA MIXTURE.

SPRAY A 9 OR 10 INCH BAKING PAN WITH THE COOKING SPRAY AND PLACE THE PASTA MIXTURE IN THE PAN. TOP WITH THE PARMESAN. BAKE FOR 20 MINUTES. TURN THE OVEN UP TO BROIL AND BROIL FOR 1 TO 3 MINUTES, UNTIL THE TOP IS BUBBLY AND BROWN. SERVE IMMEDIATELY.